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David Lynch, the movie director who harnesses the transformative power of meditation. May 18, 2017 “I always wondered if Transcendental Meditation would make someone just so calm that they didn’t want to do anything,” says David Lynch, the iconic film director of Twin Peaks and Mulholland Drive. The Transcendental Meditation technique or TM is a form of silent mantra meditation, developed by Maharishi Mahesh Yogi. The meditation practice involves the use of a mantra and is practiced for 20 minutes twice per day while sitting with one's eyes closed.